

Safety and
Occupational Health
Office:

CPT Lori Starr
OHO 737-6613
lori.l.starr.mil@mail.mil

CPT Kathy Hill
OHN 737-6657
Katherine.d.hill2.mil@mail.mil

CW4 Lonny Hofer
SSM/SSO 737-6703
Lonald.e.hofer.mil@mail.mil

SFC Bruce Kraemer
OHT/IHT 737-6620
bruce.r.kraemer.mil@mail.mil

SFC Brian Gessner
State Safety NCO
brian.p.gessner.mil@mail.mil

SPC Don Gibbs
Safety Tech 737-6501
donald.d.gibbs2.mil@mail.mil

ARE YOU DEHYDRATED?
Check Your Urine

1, 2, 3 Well hydrated	1
	2
	3
4, 5 Hydrated but not well	4
	5
6, 7, 8 Dehydrated - You need to drink more	6
	7
	8

Drill Bits



SOUTH DAKOTA ARMY NATIONAL GUARD

The Black Hills prepares for Golden Coyote

Golden Coyote Exercise planning has been taking place for months now, but as a state we are on the cusp of initiating action. The month of June will see an influx of over 3500 soldiers, sailors and air guard from around the country and even some foreign countries. The Black Hills will become an occupied area with FOBs from DuPont to Custer State Park.

There are many things to keep in mind if your involved in this exercise: personal health and hydration, environmental awareness, vehicle operations and public safety are just a few.

If you are fortunate enough to be in the field for any length of time, keeping yourself clean and healthy will be key to a successful AT. Hydration will play a huge role in that. Drink plenty of water throughout the day even if you are not outdoors or participating in strenuous activity. One of the easiest and quickest ways to monitor your

hydration is the color of urine. Use the chart to the left or other charts located throughout latrines to regularly check your status.

Environmental awareness is merely keeping track of where you are, what you are getting in to and the weather conditions. South Dakota is nearly infamous for abrupt changes with little to no warning. Being prepared for high heat, low temperatures, rain and even snow is just one component. Understand, that at the FOBs you will encounter many critters with four or more legs, and even a few without. Snakes are indigenous to the hills and while most are not venomous there are some that are, such as the rattle snake. If you encounter a snake, back away from it, leave it alone. If you are bitten by a snake, seek immediate medical assistance. Other common animals are everything from prairie dogs to buffalo. The simplest way to avoid problems with any of these is to

stay on mission, stay aware of where you are and leave the wildlife alone.

A good PMCS will avert most mechanical problems in vehicles. But break downs will occur. If that happens attempt to get as far off the road as possible and use appropriate warning devices to notify other operators on the road of the hazard. Know your emergency recovery procedures. Slow down when encountering a convoy. If you are in a convoy, don't just watch the piece of equipment in front of you. Always maintain situational awareness: you will stay in tune with other vehicles and help you stay awake. Most Army vehicles are bigger, heavier and slower than civilian vehicles. However, due to size and weight issues, they don't respond like civilian vehicles, especially when stopping. Leave plenty of room between yourself and POVs on the road.

Soldier cyclist participate in Experienced Rider Course

On Monday, April 29, several soldiers from the SDARNG participated in the South Dakota Safety Councils Experienced Rider Course. The ERC is designed to teach some of the advanced skills necessary to operate your bike on the road and in traffic.

"I thought it was a really good course" and "I would recommend it to

any rider out there." was one riders comments. Another rider stated "I learned a lot, and I thought the instructors were very well informed on the class."

The course is available to any rider, but the SOHO will reimburse the costs of the registration fee for any Soldier who completes the course. For a

schedule, go to <http://www.southdakotasafetycouncil.org/motorcycle/> and click on "on-line registration". Some units have even begun to schedule courses during drill or AT to ensure all their Soldier riders have the opportunity to receive this valuable training. For more information, contact the Safety Office.





Bicycle accidents account for a large percentage of head injuries, especially in children. Not wearing a helmet or wearing one improperly will not only contribute but exacerbate a head injury.

A head injury can be a frightening and emotionally traumatic experience for anyone, especially parents. However, because of the shallow vascular nature of the scalp and face, minor head injuries can appear worse than they are. Bleeding control is generally all that is needed. Most head trauma involves injuries that are minor and don't require hospitalization. However, call 911 or your local emergency number if any of the following signs or symptoms are apparent.

Adults

- Severe head or facial bleeding that cannot be controlled
- Bleeding or fluid leakage from the nose or ears
- Severe headache
- Change in level of consciousness or behavior for more than a few seconds
- Black-and-blue discoloration below the eyes or behind the ears

- Cessation of breathing
- Confusion
- Loss of balance
- Weakness or an inability to use an arm or leg
- Unequal pupil size
- Slurred speech
- Seizures

Children

- Any of the signs or symptoms for adults
- Persistent crying
- Refusal to eat
- Bulging in the soft spot on the front of the head (infants)
- Repeated vomiting

If severe head trauma occurs

- **Keep the person still.** Until medical help arrives, keep the injured person lying down and quiet, with the head and shoulders slightly elevated. Don't move the person unless necessary, and avoid moving the person's neck. If the person is wearing a helmet, don't remove it.
- **Stop any bleeding.** Apply firm pressure to the wound with sterile gauze or a clean cloth. But don't apply direct pressure to the wound if you suspect a skull fracture.
- **Watch for changes in breathing and alertness.** If the person shows no signs of circulation (breathing, coughing or movement), begin CPR.



To most people this may just appear to be a broken windshield, but for the observant, concerned person, this should make you fear a concussion to an occupant of the vehicle.

Head injuries can be caused by a multitude of events. Typically youth/children (5—18 years of age) experience those injuries from cycling, football, basketball, playground activities and soccer. Adults will generally fall victim to head injury from cycling, football, basketball, baseball/softball and recreational vehicle/ATV incidents.

In cycling, ATV and other sport activities, helmets can reduce the severity or eliminate the risk of head injuries. However in vehicle accidents, the body can become violently tossed around inside the car. Seatbelts not only prevent one from being ejected from the car, but can reduce the chances of striking the windshield with the face or head.

Many times, first responders coming to a violent car accident will immediately look at the windshield to see what damage is done, if any. There are many cases where the outline of the facial structures can be seen in the broken windshield. Also, the mere act of being thrown from side to side can cause a concussion. That mechanism of injury is why, even if there is not immediate complaint of pain or paralysis, medics will often immobilize a patient and transport.